

Club Energize Group Exercise Schedule

June / July / Aug

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	H.I.T.T. Kendra 5:15 - 6:00 am	Cycling Todd 5:15-6:15		Cycling Kendra 5:15-6:15		Zumba Sherri 7:15-8:15
6:30 AM						
8:30 AM						Energetic Yoga Dina 8:30-9:15
9:00 AM						
9:30 AM						Sunday
10:00 AM						
12:00 PM						
4:30 PM						Club Energize hours Monday - Friday - 5:00 AM - 10:00 PM Saturday 7:00 AM - 7:00 PM Sunday 8:00 AM - 6:00 PM
5:30 PM	Circuit Candi 5:30-6:30	Cycling Candi 5:30-6:30		Cycling Chris 5:30-6:30		Blue classes are held in the Aerobics Room.
	Zumba Becky 5:30-6:30	Cardio Rhythm Kim 5:40-6:40	TRX/HITT Candi 5:30-6:15	Zumba Becky 5:30-6:30		Orange classes are held in the Cycling Room.
6:00 PM						Purple classes are held at the Keiser equipment.
6:30 PM						

Club Energize reserves the right to change or cancel any group fitness class due to low participation.